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Your essential daily news | MONDAY, JULY 25, 2016

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Do's and don'ts of Facebook courtship

metroVIEWS

THINKSTOCK

Proposed rapid transit bike path won't work with trikes or wheelchairs, says Bike Winnipeg metroNEWS

Thrown out with the lost waste plan

ENVIRONMENT

Report obtained from city shows possibilities of a greener 'Peg

Stephanie Taylor
Metro | Winnipeg

Had city hall proceeded with an organics collection plan, Winnipeg could have cut its carbon emissions by 34,000 tonnes within a decade.

That figure was contained in a confidential briefing note Moira Geer, acting director of the city's water and waste department, sent to another official back in February. Metro obtained a copy of the note under freedom of information legislation.

The note was penned after news leaked to the public about three options the city was considering but before an attempt to halt all planning was quashed in favour of more consultations.

The program would have cost homeowners an extra $55 to $100 annually depending on the type of waste city council decided was to be collected.

The note says composting all food and pet waste would've diverted 35,900 tonnes of material from landfills by 2025. That would reduce the city's CO2 emissions by 34,000 tonnes.

By comparison, composting all food waste, including processed and packaged goods as well as compostable containers, would have slashed 33,700 tonnes of material, eliminating 32,300 tonnes of CO2.

The final option, composting all fruit and vegetable scraps, would have cut 13,000 tonnes of waste and 12,400 tonnes of CO2.

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metro NEWS
Your essential daily news

Convention chaos: Groups of protesters make their voices heard as Democrats gather **World**

Bug spray that may be too toxic

MOSQUITOS

Health Canada rules city's supply exceeds shelf-life

Braeden Jones
Metro | Winnipeg

The city is waiting for approval to use its remaining stock of mosquito-killing malathion.

The city learned last Monday that Health Canada had ruled malathion unsuitable for use one year from the date of its manufacturing.

"(Health Canada) put this in place and then we got a notice ... saying 'letting you know that there is a one-year change in the label,' that it's one year from the day of storage," said the city's bug guru, Ken Nowalsky.

Nowalsky said the Health Canada notice comes after a review of the chemical's storage effects found it increases in toxicity over time and under certain temperatures.

Unfortunately, Nowalsky said Friday, it could mean the city might not be able to use its current 3,260-litre supply of malathion.

During the insect control branch's last round of fogging around Winnipeg, some of the malathion used was more then a decade old — part of a batch bought from the Saskatchewan government.

The city had no idea that using the old product was an issue.

"We've been following very stringent practices as in the past in terms of the storage conditions," Nawolsky said.

Nawolsky said the city was "meeting that temperature requirement" and in regular testing, found "there is not much impurity" in the malathion being stored, noting it's even more pure than the minimum requirements.

Ken Nowalsky BRAEDEN JONES/METRO

"(Health Canada) has confirmed with the City of Winnipeg that they would not object to the use of malathion stock which is older than one year provided the laboratory test results show that the isomalathion content within PRO Malathion ULV falls within acceptable standards, e.g., the WHO specifications," reads a statement from the city.

A spokesperson said the city is having their malathion tested.

Until testing is done, the city is totally unarmed with useless malathion, and an uncertain, bug-slappy second act of summer is ahead for Winnipeggers.

Nawolsky doesn't figure it will be that bad, "providing we do not get any more substantial rains."

"We are looking at our data, trap counts are still remaining low, and we are relatively confident there shouldn't be a big explosion of mosquitos," he said.

Mosquito fogging will not happen while the city works with Health Canada's Pest Management Regulatory Agency to see if any old malathion can be used. If not, it may be disposed of.

Nawolsky said the cost of a season's malathion program was about $90,000 to $95,000, and added "disposal costs are relatively minor" by comparison.

Moving forward, the city is embroiled in a fight to see a less-toxic malathion alternative made legal and hopes to switch over to that.

"We're hopeful that (by) 2017 we'll have a new product called Delta Guard, which will totally replace malathion and malathion will not be used any more," Nawolsky said.

Fogging with malathion is now at a standstill while the city sees if the current supply is usable. CONTRIBUTED

WEST NILE VIRUS WARNING

The number of mosquitos that could carry the West Nile Virus (WNV) is increasing, according to the province.

A public notice released by the province reports that Culex Tarsalis mosquitoes were collected in all but one of the 29 trapping communities across southern Manitoba.

No cases of West Nile Virus have been identified, but risk increases with warm and dry weather.

The province advises taking these precautions to reduce risk of exposure:

- **Limit time outdoors** between dusk and dawn.
- **Use mosquito repellent**
- **Wear light-coloured, loose-fitting clothes** that covers arms and legs
- **Make sure door and window screens fit** and have no holes.

METRO

Police say the suspect thought he was talking to a 15-year-old. THINKSTOCK

ONLINE CRIME

Undercover officer helps catch child luring suspect

A man searching a "popular social media site" for "YOUNG" women was caught by undercover Winnipeg police officers and has been charged.

Police became aware of the man's social media activities and his intentions to meet youth for sexual encounters, then an undercover officer posed as an interested, young party and began interacting with him.

"He specifically said young, YOUNG women to have encounters with," said Patrol Sgt. Andree Huberdeau.

"The undercover investigator did tell him on numerous occasions that she was 15 years old, as she was posing as a 15-year-old, so he was completely aware of who he was engaging with."

They communicated through text messaging, the man made arrangements to meet with the undercover officer still believing her to be a young girl, and "offered money in exchange for sexual acts."

On Thursday, he was arrested and now faces charges of luring a person under 16-years-old and obtaining sexual services from a minor.

For his alleged involvement, Derek Smart, 38, has been detained and remains in custody.

In an unrelated incident, another man is facing charges for possession of child pornography and accessing child pornography.

Members of the WPS Internet Child Exploitation (ICE) and technical crimes unit became aware of and investigated online activity to learn of the potential possession of illicit images of minors.

As a result of the investigation a search warrant was executed at a St. Boniface area home, in which electronic devices were seized.

On Thursday, Steve Suomu, 49, was arrested and remains in custody.

Sgt. Andree Huberdeau said the investigation is "ongoing."

She added that based on the charges Suomu is facing, she does not believe he was distributing images.

BRAEDEN JONES/METRO

Bridges, culverts not well inspected: Auditor

INFRASTRUCTURE

Staff shortages, unclear procedures blamed

Manitoba's auditor general says hundreds of bridges and culverts across the province are not being inspected as frequently as required — if at all.

A report released by Norm Ricard blames staff shortages, inconsistent procedures and infrastructure that, much as in other jurisdictions, is aging rapidly.

40%
The proportion of bridges over 50 years old.

"Recent high-profile bridge collapses in Canada and the United States have made bridge safety a priority," Ricard wrote, pointing to a 2006 overpass collapse in Laval, Que., that killed five people.

"They have highlighted the importance of properly managing bridge infrastructure and the potential impacts when a bridge fails."

In one Manitoba case, police investigating a fatal accident on a bridge noted a lack of railings. Government inspectors investigated and found the bridge was in such poor condition, it needed to be closed, Ricard said.

The Infrastructure Department manages about 3,000 bridges and large culverts on provincial roadways and water-control structures. About 40 per cent of the bridges are more than 50 years old.

Ricard found that required inspections were often behind schedule. A general "Level 1" visual inspection is supposed to be done each spring on all structures, but had only been done on half of those looked at by his team.

The report said a more-detailed Level 2 inspection, required every two to six years depending on factors such as a structure's size and location, had been done one year late in some cases.

In some others, bridges and culverts were not being inspected at all because they were governed by departments other than Infrastructure.

"Department officials felt that they lacked the mandate to inspect structures governed by legislation administered by other government departments. However, the other departments were also not inspecting these structures, creating a potential safety risk."

Infrastructure Minister Blaine Pedersen said he accepts the report's findings and blamed the previous NDP government, which was ousted by the Progressive Conservatives in the April election.

The department said it has faced challenges such as needing to divert efforts to emergency repairs following floods in 2009, 2011 and 2014. It has also been a challenge to maintain existing infrastructure, the department wrote in its official response, which was contained in Ricard's report.

"Manitoba, in conjunction with most jurisdictions across North America, struggles with an aging transportation network that requires a significant infusion of funding to maintain the status quo service standard. The result is a backlog of preservation and replacement work required throughout the province." THE CANADIAN PRESS

Hundreds of the province's bridges are not being inspected, according to the Manitoba auditor. TONY HIGETT/FLICKR

CYCLING

Advocate critical of planned transitway

Bike Winnipeg Executive Director Mark Cohoe got to check out the latest designs for the Southwest Transitway project this past week, and hopes they aren't final yet.

"We're a little concerned," Cohoe said of the connectivity for cyclists around the transit project, noting there are "definite inconveniences."

The city announced $120 million in total project savings in June, and revealed just where those savings came from at a public information session on July 19.

Design changes include an active transportation path near the Jubilee ramp instead of a tunnel, reusing the CN bridge over Bishop Grandin Boulevard and building an active transportation bridge to its west.

Cohoe said the overpass bridge won't work for people travelling north on Pembina Highway by wheel or foot.

"You have to take stairs up to the pathway," Cohoe said. "(People will) have to get off, roll their bikes up a set of stairs — there will be a gutter to put your tire into, but I think there should be enough space to create a graded trail."

He said getting bikes over rather than under is one thing, but bike trailers for kids or groceries won't make it, and neither will trikes or wheelchairs.

He also said there's a missed opportunity to get a connection under the railway tracks further west by Parker Station.

"That would allow development to go through and connect Grant Park Pavilion (Taylor Avenue) through to the Parker Lands," he said. "There's going to be demand for that ... it could really build up demand for the rapid transitway, and (that connection) would be important to create demand and really help shape development."

He said it's odd that during a time of low construction costs, such that the city is borrowing from next year's budget to do extra road work, doing extra active transportation work isn't yet part of the discussion. BRAEDEN JONES/METRO

COLLISION

Cyclist killed by semi at Main and Logan identified

Braeden Jones
Metro | Winnipeg

A female cyclist involved in a fatal collision with a semi-trailer Wednesday has been identified and her family is being told of her death, said police.

Identifying the victim was a challenge for police, who again put out a call for help.

"Anyone with information regarding the collision itself, but probably more importantly right now any information regarding the deceased in this matter we definitely would want them to give investigators a call," said Cst. Jason Michalyshen.

"The victim appears to be in her late 20s or early 30s, having a thin build and medium-length dark brown hair," police said. "The bicycle she was riding was Barletta ATB 12, white with grey writing."

Michalyshen said traffic collision investigators assessed the scene, and the semi driver has been co-operating.

So far, "there are no charges."

Michalyshen described what police understand about the accident at this point.

Both the semi and cyclist were travelling northbound on Main Street — the cyclist on the west sidewalk parallel Main — when the semi made a left turn onto Logan Avenue and the collision occurred "on the street at that intersection."

"It does appear that the rear and the wheels of the trailer made contact with our female, and very sadly her injuries were obviously extensive when she was transported (to hospital) and after succumbed to those serious injuries," Michalyshen said.

He said police do not believe at this time that the semi was turning illegally in any way, and do not believe "the trailer jumped the curb in any way."

"Depending on witness accounts we are still sorting through, exactly, the actions of the female victim in this matter," he said. "We have to truly determine if someone was disobeying the law in any way shape or form, what was the true cause... or unfortunately, at times, we have to simply say this was an accident."

Data gathered last month for an annual report on biking habits and demographics for Bike Winnipeg found women are more likely to ride on the sidewalk than men, and on Main Street specifically, about 65.8 per cent of cyclists choose the sidewalk over braving traffic.

"People will have to get off, roll their bikes up a set of stairs.
Mark Cohoe

Day camp a crash course in culture

SYRIAN REFUGEES

Fun and games help youngsters acclimatize to new country

It's a familiar chant belted out at summer camps across the continent, but the call-and-response uttered at one Toronto day camp on a sticky July day is hesitant, even shy.

"I don't know what you've been told!" an eager counsellor bellows in sing-song fashion at a group of young Syrian refugees.

"H.appi Campers cheers the most," her wary charges mumble back in broken English.

It takes a moment for the middle-schoolers to grasp this peculiar game, but three tries later, they gel into a more-or-less unified chorus.

"Five! Six! Seven! Eight! Weeeeeeee're great!" they holler, letting loose with exuberant cheers.

The fun and games at this day camp are more than just a rite of passage for these new Canadians, they're a key step in easing their transition into a strange country with unfamiliar customs.

H.appi Camper founder Mazen El-Baba says he tried to design a getaway that would offer the staples of any typical North American summer camp: drama, arts and crafts, and sports.

But it would also offer much-needed lessons tailored to the specific needs of young Syrian refugees: intensive literacy classes, a crash course in Canadian cultural norms, and self-esteem exercises.

That last goal is possibly the most challenging, since most of these war-weary children — 75 in all, ranging in age from five to 15 — have been through horrific traumas. THE CANADIAN PRESS

A Syrian refugee child takes part in activities while attending H.appi camp in Toronto on July 12. CHRIS YOUNG/THE CANADIAN PRESS

TURKEY

Canadian accused of helping plot coup

Brodie Thomas
Metro | Calgary

Family and friends of a Calgary imam who has been detained in Turkey say they are worried for his safety, as well as that of his wife and two children.

Davud Hanci is being detained by police in Turkey. Local media reports accuse him of helping with an unsuccessful coup attempt on July 15.

Ruveyda Durmus, Hanci's sister-in-law, said Turkish media have reported he arrived on July 13 when in fact he arrived there July 7 to see his ailing father.

Hanci had brought his wife, Rumeysa, and their two sons, aged 9 and 8, to see his father one final time. Durmus said her sister and the two children are not being detained at the moment, but they are afraid.

"I am trying to get help from the Canadian government," said Durmus. "They told me because he has dual citizenship, it's complicated."

The Canadian government has offered assistance in getting Hanci's family back to Canada, but they are hesitant to leave without Hanci.

"We are so worried," said Durmus. "We cannot go to Turkey; they might arrest us too."

Turkish President Recep Erdogan has accused an exiled religious leader named Fethullah Gulen of organizing the coup.

Gulen resides in Pennsylvania, where he runs a retreat centre devoted to spreading the word of the Hizmet Movement.

Turkish media reports are painting Hanci as a right-hand-man to Gulen, but Malik Muradov, executive director of the Intercultural Dialogue Institute of Calgary, said there's no truth to those reports.

"He has nothing to do with the coup, nor would he approve of it," said Muradov.

He said a photo that reportedly shows Hanci with Gulen is not actually Hanci.

Calgary imam Davud Hanci CONTRIBUTED

IN BRIEF

Flight delayed for two days finally arrives

An Air Canada flight that saw passengers stranded in Manchester, England, for two days landed in Toronto on Sunday afternoon.

The airline said it will be in touch with the affected customers for a full refund.

An Air Canada spokeswoman called it an "unfortunate situation" caused by mechanical problems as well as crew duty restrictions.

THE CANADIAN PRESS

City builds lifeline hose to clean water

Officials in Saskatchewan say a riverside city whose water supply is threatened by an oil pipeline spill is building a hose, dozens of kilometres long, to draw water from another river.

Sam Ferris with Saskatchewan's water security agency said Prince Albert is constructing a line to the South Saskatchewan River, between 20 and 30 kilometres away.

THE CANADIAN PRESS

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1 Activists including hundreds of environmentalists and Bernie Sanders supporters march through downtown Philadelphia before the start of the Democratic National Convention on Sunday. JEFF J MITCHELL/GETTY IMAGES

2 A man dressed like author Hunter S. Thompson holds a sign. JEFF J MITCHELL/GETTY IMAGES

3 Supporters of Sen. Bernie Sanders make their voices heard. JOHN MINCHILLO/THE ASSOCIATED PRESS

4 Environmentalists march through downtown. JEFF J MITCHELL/GETTY IMAGES

Discord in Philadelphia

DEMOCRATIC CONVENTION

Opposition to Clinton makes itself heard

Republicans who dislike Donald Trump were mostly discreet at last week's nominating convention. They grumbled in private conversations, expressed their unease through hand gestures, or jeered a procedural call by party brass.

It's noisier on the left.

The progressive brigade that refuses to march behind Hillary Clinton is loud, proud and in the streets at the Democratic convention. What was ostensibly a march for climate change Sunday included plenty of T-shirts for her primary opponent Bernie Sanders, for the Green party's Jill Stein, and little discernible trace of support for her.

In fact, there appeared to be a greater number of anti-Clinton protest signs like "Not With Her" and "Never Hillary," in a visual demonstration of the challenge ahead for Clinton in uniting progressive voters.

That difficulty was underscored inside the official convention too. The party chair who supports Clinton was forced to resign, pushed out by the leak of emails showing an institutional bias during the primaries. There were also whispers about a possible convention protest against Clinton's choice of vice-presidential running mate.

> We are not going to vote for the lesser of two evils.
> Valerie Duhl from Florida

And then there are voters like Valerie Duhl.

She's a Floridian who's supported Democrats for 22 years, but not this time. At a rally Sunday for an assortment of environmental causes like opposition to oil pipelines, fracking, and other issues like genetically modified food and the Trans-Pacific Partnership trade deal, she said she's done.

When asked whether she worried that her choice might help deliver Florida to Donald Trump — and with it, the presidency — she didn't hesitate for a second.

"No," Duhl said.

"We are not going to vote for the lesser of two evils. We are going to vote for principles. We don't vote out of fear... I will not vote out of fear."

She's among those hoping Sanders pulls off some convention miracle and becomes the nominee. Assuming that doesn't happen — a safe bet — she said she'll vote for the Green party's Jill Stein.

Many moderates still blame the Green party's Ralph Nader for handing Florida and the presidency to George W. Bush in 2000. But Duhl said she can't support Clinton's policy flip-flops and behaviour over the years, or what she views as corruption within the Democratic party.

It's an article of faith among vast swaths of Sanders' disciples that the presidential nomination was stolen. This despite Clinton winning one-quarter more votes and nearly a dozen more states and territories.

THE ASSOCIATED PRESS

TERRORISM

Afghans mourn 80 killed

Afghanistan marked a national day of mourning on Sunday, a day after a suicide bomber killed at least 80 people who were taking part in a peaceful demonstration in Kabul. The attack was claimed by Daesh.

Authorities say another 231 people were wounded, some seriously, in the bombing Saturday afternoon on a march by members of the ethnic Hazara community, who are predominantly Shiite Muslim. Most Afghans are Sunni, and Daesh regards Shiites as apostates.

The attack was the first by IS on Kabul — and the capital's worst since a vicious Taliban insurgency began 15 years ago — raising concerns about the group's reach and capability in Afghanistan.

Bereaved families collected their dead from hospitals and morgues across the capital, and began digging graves as the first funerals went ahead in the west of the capital.

Many people chose to bury their dead together with others — rather than in traditional family plots — encouraged by organizers of the Saturday demonstration, who call themselves the Enlighten Movement. In a hilltop graveyard in the Surkh Abad suburb of south-western Kabul, hundreds of people, most of them men, braved high winds and swirling dust to conduct the Shiite funeral rites.

Simple wooden coffins covered in the green Shiite flag were carried by men on their shoulders and lowered into graves that relatives had dug themselves with shovels.

In the city's west, in Omaid-a-Sabz, the grieving chose to bury their dead side by side in long rows. Mullah Mohammad Hassan Rasat said the Hazara people felt a deep sense of injustice and anger that the government had not kept its election promise to ensure that development was equal for all Afghan ethnic groups.

"Our people only want justice and equal development for all," he said. THE ASSOCIATED PRESS

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GERMANY

Portrait of murderer emerges

The teenager behind the deadly shooting rampage in Munich was a withdrawn loner obsessed with playing "killer" video games in his bedroom, a victim of bullying who suffered from panic attacks set off by contacts with other people, investigators said Sunday, adding that he had planned the attack for a year.

Law enforcement officials piecing together a portrait of the 18-year-old shooter said he was seeing a doctor up to last month for treatment of depression and psychiatric problems that began in 2015 with inpatient hospital care followed by outpatient visits.

They said medication for his problems had been found his room. But toxicological and autopsy results were still not available, so it's not yet clear whether he was taking the medicine when he went on his shooting rampage Friday, killing nine people and leaving dozens wounded.

THE ASSOCIATED PRESS

People mourn Sunday in front of the Munich shopping centre where a man went on a killing spree. GETTY IMAGES

GERMAN VIOLENCE

Explosion: Police in the southern city of Ansbach said Monday a man was killed when an explosive device he was believed to be carrying went off near an open-air music festival, injuring 10 others.

Machete attack: A Syrian man killed a woman with a machete and wounded two others Sunday outside a bus station in the southwestern city of Reutlingen before being arrested.

Hazara women protest in Quetta, Pakistan, on Sunday. BANARAS KHAN/AFP/GETTY IMAGES

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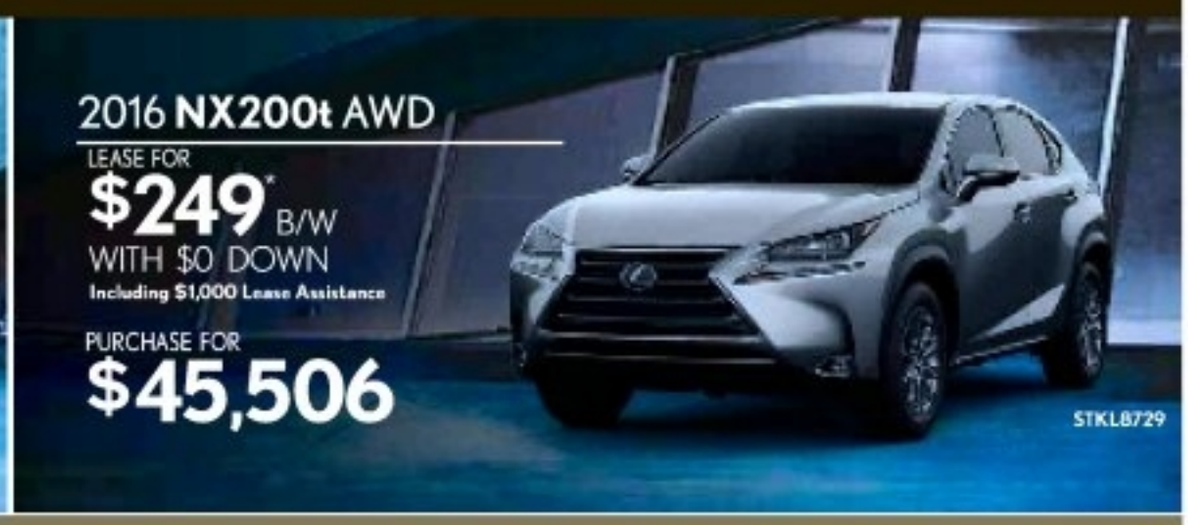

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Tech even bigger than it appeared

ECONOMY

Sector exceeds even finance and insurance, study found

Canada's high-tech sector is much bigger than thought, extending beyond just information and communications technology to play a greater role in the overall economy, a new report says.

"Professions that 10 or 20 years ago may not have been considered high-tech are now moving into areas where they are essentially becoming high-tech workers," said Sean Mullin, executive director of the Brookfield Institute for innovation and entrepreneurship at Ryerson University.

The institute released The State of Canadian Tech Sector on Monday, which analyzes data, looking at jobs across different sectors to determine which should be categorized as high-tech.

BY THE NUMBERS

$117B

The tech sector, which includes 71,000 firms, generated $117 billion of Canada's total $1.65 trillion GDP last year.

2/3

More than two-thirds of those firms are small operations with fewer than four employees.

Using methodologies developed by U.S. Bureau of Labor Statistics and Nesta, a U.K.-based innovation charity, the institute developed a custom definition for Canada — mapping and identifying tech occupations and industries.

If the number of tech jobs exceeded 15 per cent in an industry, more than three times the national average, it was considered a member of the tech sector.

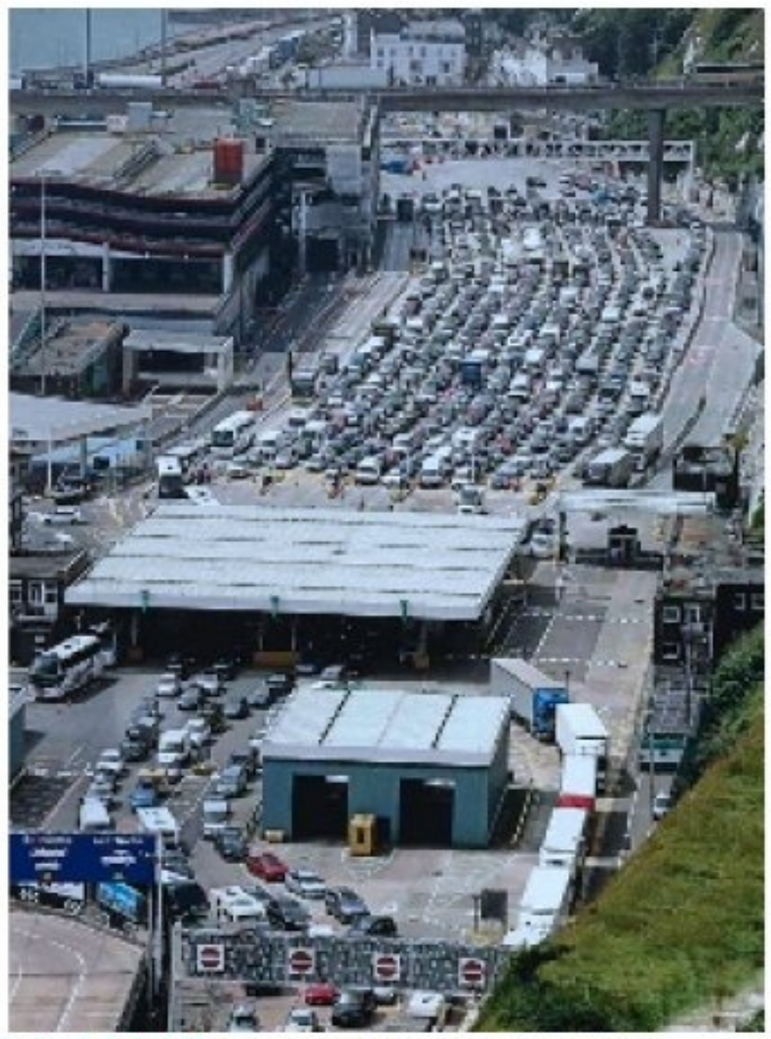
It found 864,000 employees across Canada are high-tech workers, or 5.6 per cent of total employment in 2015.

In terms of private-sector investment in research and development, the tech sector was the largest at $9.1 billion.

That translates into 7.1 per cent of real economic output — with the next closest sector in terms of output was finance and insurance — but was exceeded by construction, mining, manufacturing and real estate sectors.

Urban centres had higher concentration of tech professionals, as expected. But surprisingly, Toronto and Vancouver came in above the Kitchener-Waterloo-Cambridge area in terms of tech sector concentration.

TORSTAR NEWS SERVICE



DOVER DELAYS TRAFFIC TO FRANCE DISRUPTED Expanded security checks at the French border causes gigantic backups at the Port of Dover in southern England on Sunday as holiday travellers and commercial vehicles try to cross the English Channel into France. Some motorists were forced to spend the night in their cars after getting stuck in jams leading to the port. YUI MOK-PA/THE ASSOCIATED PRESS

IN BRIEF

Verizon buying Yahoo for $5 billion, reports say

Verizon has agreed to buy Yahoo Inc. for roughly $5 billion US, according to multiple media reports. Yahoo is expected to sell its email service and news, finance and sports websites in addition to its advertising tools under pressure from shareholders fed up with a downturn in the company's revenue during the past eight years.

THE ASSOCIATED PRESS

Pokémon Go catches wrath of Egypt cleric

A leading Egyptian Sunni Muslim cleric has warned against the dangers of playing too much Pokémon Go. Abbas Shumman, the deputy sheikh of Egypt's Al-Azhar institute, said the wildly popular mobile phone game "makes people busy with it, ignoring their main work and it might also put them in danger," but says there is no problem with people playing it in moderation if they are at home or in a safe place.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I want to romantically pursue a friend of a friend on Facebook. How do I make the first move? Should I directly message the one I'm interested in, or should I wait to confer with my friend?

©Ani Castillo

Hello Ellen,

I need advice about Facebook relationships. I have a friend (I'll call her "AA") who has a friend (I'll call her "BB") that caught my attention. I messaged AA asking whether or not BB is single, but got no response. A couple of days later I noticed AA "liked" some photos that BB posted on Facebook. Should I send a message to BB to get a conversation going? I won't ask whether or not she is single, more like a comment. I am thinking I should say something before I miss my chance. Should I even try to talk to BB if I didn't get a reply back from AA? Thank you,

Signed,
L. Mike

Dear L. Mike,

You sent this letter a while back, so for all I know you and BB are married at this point, in which case congratulations. Or perhaps you're in jail for stalking her, in which case, I must apologize for not getting back to you sooner.

Approaching a love object is always tricky, but never more so than when it's on social media. You'd think things in print would be crystal clear, but the lack of facial expressions, tone and delivery can lead to disaster. I regret to say, and find it astonishing, that my own writing in emails, text messages, and indeed in this very column, is sometimes met with outright hostility.

We can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection.

C'est la vie, not to mention chacun à son goût. My point is we can't make anyone love us if we're not their cup of tea. All we can do is stick our necks out and risk humiliating rejection in the hope of being understood and perhaps even loved.

This is not to suggest you pester BB on FB until she falls in love with you or calls the police. You must finesse your way in so as not to startle the creature, and leave her plenty of room to gracefully withdraw if she chooses to resist your advances.

If you have been introduced IRL, and you are not yet FB friends, you should immediately send a friend request. If she accepts, you may send a friendly message, and "like" (but not aggressively "love") her posts. It's also allowable to invite her to events you suspect (from her FB activities) she'd be interested in. Even better is an event where you and she might be surrounded by mutual friends — no stranger danger for her, and lots of buddies to attest to how awesome you are.

If she's interested, she will make something happen. If she's not interested (and remember, for all you know, she's in a relationship or otherwise unavailable), you will soon find out when she ignores you or AA calls to tell you that BB has blocked you.

Yeah, it'll hurt. But clarification is always a good thing. And at least you will be able to move on knowing you behaved like a gentleman.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

The new wave of advice columnists wants you to be happy, not obedient

Pop-culture science today is concerned with nothing so much as our feelings.

Avenues to the "good life" are proffered in endless studies on emotions and self-perceptions. Are you happy? Too stressed? Mentally centred? The whole spectrum of the contemporary, Western life is funnelled through this idea of how you feel.

And in this era of feelings, we're witnessing a new dominance of the advice column. Hugely popular, it's an old form of newspaper column newly tailored, if not tailor-made, for the web.

The same voyeurism exists, that urge to witness another person's disastrous, dishevelled life. But where advice columns were once about social decorum, now they're more about personal destiny: As much what should you do as who do you want to be. Sometimes they aren't even about the nitty-gritty advice; they're winding and impassioned essays on the messy state of modern humanness. And that's often the case with Heather Havrilesky.

Havrilesky writes the Ask Polly column for New York Magazine and has a new book of mostly new essays: How to be a Person in the World: Ask Polly's Guide Through the Paradoxes of Modern Life.

On Twitter, hers is a voice of inspiration tinged with the sardonic, a la this quip: "Never let anyone tell you your search for happiness is self-indulgent. You can't do a goddamn thing for anyone when you're depressed."

In person, Havrilesky speaks in the same meandering, quotable style of her column — starting in one place, taking a series of side trips and explanatory footnotes before arriving at some core insight about how we treat ourselves and each other.

"I think I've almost been studying happiness for the last for years, in a weird way," she told me during an interview for my podcast, Nth Wave. "The column gave me the opportunity to use the struggles that I had, to reframe my own experiences. I would take each letter and find some doorway into the other person's experience through my own."

Havrilesky rejects demographic tags, like millennial or soccer mom, which herd us "into this place of half-seeing." In length and tone, her work is expansive. She aims to connect people to their feelings and their compassion for themselves, "thereby connecting them to humankind at large." Humans are full of potential, she says. You only have to talk to them to find their "pocket of brilliance."

Aside from the wit and quirk and sharp edges, her advice is worth reading especially for this: To be reminded that someone in the world thinks so highly of us all.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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Star Trek Beyond soars to top of box office with $59M in ticket sales over the weekend

Changing up the name game

TRENDS

Modern couples buck tradition when it comes to last names

Megan Haynes
For Metro Canada

Crista Gladstone and Brody Semchuk decided to blend their surnames into Semstone when it was time to name their first child. CONTRIBUTED

By the time she married, Manitoba-based Crista Gladstone, 31, had a developed career as a socio-economic analyst under her maiden name. And her husband, Brody, 30, didn't want her to give up that recognition just to take on his last name, Semchuk.

But when their daughter, now two, arrived they faced a dilemma — what last name will she get? Gladstone and Semchuk were both ruled out and neither favoured hyphenation. The pair decided to blend both to create Semstone. Now the family has three different last names.

She's part of a small movement of families bucking the trend of adopting the husband's last name in favour of gender-equal alternatives, because in this post-feminism era why should the man's surname be the default?

> Boys are brought up to assume their name is going to be with them from birth till death.
>
> Linguist scholar Donna Lillian

In today's "modern family" world, it's more accepted than ever that a woman might have a different last name than her husband, says Donna Lillian, a linguist scholar at the North Carolina-based Appalachian State University and president of the Canadian Society for the Study of Names.

But dig deeper and a status quo and stigma still persist: In Canada, eight in 10 women take their husband's last name, either at marriage or when kids are born, according to a 2016 survey commissioned by I Am A Mrs, a company that helps women change their surnames.

One U.S. study found 10 per cent of people believe women who keep their maiden names aren't as committed to their families, while 50 per cent think women should be legally required to adopt her husband's surname. Through her research Lillian also found once the topic of children comes up, there is near universal assumption they will take the father's name.

And forget about asking a guy to change his name. "Boys are brought up to assume their name is going to be with them from birth till death," says Lillian. "It's an inseparable part of their identity. Whereas girls are raised to assume their birth surname is something they borrow."

But it's 2016 and people like Gladstone don't think that was OK. She didn't give her daughters a different name as a political statement, but rather a way to equally honour both parents in the union.

And while she's in the minority, alternatives are more common than people may realize.

Children of divorce often have different names than their parents (which doesn't make them any less of a family), while recent immigrants sometimes change adopt more Anglicized-sounding monikers, says Diane Dechief, a lecturer at McGill who specializes in immigrant's names.

And in the LGBTQ community, it isn't uncommon for couples to explore alternatives. It's about finding solutions that work for everybody.

London-based John Laridon, 34, for example, paired his last name (Harrison, itself a blend of his parents' two last names; Anderson, his mom, and Hresewicz, his dad) and his husband's name (Lalonde) to create one that reflected both parties.

And in his case, it definitely doesn't detract from his familial ties. "We like the unity and beginning of something new together," he says. And in the end, isn't that what starting a family is all about?

ALTERNATIVES

What's in a name?
Couples aren't relying on tradition to dictate their names. Here are some alternatives that people are exploring:

Leave it to chance:
Some couples use the gender of their child to decide on a family name. If it's a girl, then the mom's name is passed down, if it's a boy, the dad's name is.

Combine two names:
Like Gladstone and Laridon, couples can blend their names to create an entirely new unit.

Hyphenate:
This route gets a lot of flak, but it's a common way for both parties to maintain their identities.

John, left, and Christopher combined their last names to became the Laridons after getting married in 2011. CONTRIBUTED

Use something different, but meaningful:
Lillian, for example, took her maternal grandmother's first name, while others could take a family surname that might otherwise be wiped out of existence.

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"I stand up here humbled and overwhelmed": Ken Griffey Jr. was inducted into the Baseball Hall of Fame on Sunday alongside Mike Piazza

No blanket Rio ban for Russia

OLYMPICS

IOC steps back from complete sanction in spite of WADA report

Olympic leaders stopped short Sunday of imposing a complete ban on Russia from the Rio de Janeiro Games, leaving individual global sports federations to decide which athletes should be cleared to compete.

The decision, announced after a three-hour meeting of the International Olympic Committee's executive board, came just 12 days before the Aug. 5 opening of the games.

"We had to balance the collective responsibility and the individual justice to which every human being and athlete is entitled to," IOC president Thomas Bach said.

The IOC rejected calls from the World Anti-Doping Agency and many other anti-doping bodies to exclude the entire Russian Olympic team following allegations of state-sponsored cheating.

Russia's track and field athletes have already been banned by the IAAF, the sport's governing body, a decision that was upheld Thursday by the Court of Arbitration for Sport, and was accepted by the IOC again on Sunday.

Calls for a complete ban on Russia intensified after Richard McLaren, a Canadian lawyer commissioned by WADA, issued a report Monday accusing Russia's sports ministry of overseeing a vast doping program of its Olympic athletes.

McLaren's investigation affirmed allegations of brazen manipulation of Russian urine samples at the 2014 Winter Games in Sochi, but also found that state-backed doping had involved 28 summer and winter sports from 2011 to 2015.

But the IOC board, meeting via teleconference, decided against the ultimate sanction, in line with Bach's recent statements stressing the need to take individual justice into account.

"An athlete should not suffer and should not be sanctioned for a system in which he was not implicated," Bach said after Sunday's meeting. Bach acknowledged the decision "might not please everybody."

Russian Olympic Committee president Alexander Zhukov presented his case to the IOC board at the beginning of Sunday's meeting, promising full co-operation with investigations and guaranteeing "a complete and comprehensive restructuring of the Russian anti-doping system."

> **This is not about expectations. This is about doing justice to clean athletes all over the world.**
> IOC president Thomas Bach

The IOC also rejected the application by Russian whistleblower Yulia Stepanova, the 800-metre runner and former doper who helped expose the doping scandal in her homeland, to compete under a neutral flag at the Games.

While deciding against an outright ban, the IOC said it was imposing tough eligibility conditions, including barring entry for the Rio Games of any Russian athlete who has ever been sanctioned for doping.

The IOC said it would accept the entry only of those Russian athletes who meet certain conditions set out for the 28 international federations to apply.

THE ASSOCIATED PRESS

IOC president Thomas Bach
FABRICE COFFRINI/AFP/GETTY IMAGES

GOLF

Vegas strikes it rich at Canadian Open

Jhonattan Vegas was glued to his phone.

The 29-year-old Venezuelan walked into the media conference centre set up at Glen Abbey Golf Club in Oakville, Ont., in the midst of a video call with his wife and baby daughter, then put the phone down briefly to answer questions from reporters about winning the RBC Canadian Open on Sunday. As soon as Vegas stepped off the stage he was back on the phone, speaking with his family in Spanish, celebrating his second PGA Tour win.

"I didn't have a chance to talk to them after I knew that I had won and it's special seeing them that happy, enjoying that moment as much as I am enjoying it right now," said Vegas. "It's just an incredible moment, just to share it with the family, with the wife, with the people you love and care about. It's great."

Vegas birdied the final three holes for an 8-under 64 and one-stroke victory. The 29-year-old Venezuelan began the day five strokes behind leader Brandt Snedeker, and four behind U.S. Open champion Dustin Johnson and Canadian amateur Jared du Toit.

He earned $1,062,000 US and a spot in the PGA Championship next week at Baltusrol in New Jersey and received a two-year tour exemption as well as a spot in the Masters next year.

Although Vegas's playoff win at the Bob Hope Classic in 2011 launched his PGA career, the Canadian Open victory was more special.

Venezuela's Jhonattan Vegas tips a Mountie's cap to victory after winning the RBC Canadian Open at Glen Abbey Sunday. FRANK GUNN/THE CANADIAN PRESS

1954

A Canadian hasn't won the national open since 1954, when Pat Fletcher accomplished the feat at Vancouver's Point Grey Golf Club.

"It definitely feels bigger, feels more exciting because I have a family to share this with," said Vegas. "Just to see my wife and my baby so excited, from watching me on TV, just the whole thing.

"It makes me happier and makes me definitely more excited and definitely gives me more energy obviously to keep playing hard to give it my best every single time."

Johnson, Martin Laird and Jon Rahm all finished 11 under for the tournament for a share of second place.

Du Toit finished tied for ninth at 9 under after a final round of 71.

Du Toit struggled to start Sunday's round with two early bogeys, but birdied 16 and 18 to finish two shots ahead of world No. 1 Jason Day.

After speaking to media Vegas asked to see the tournament's trophy again so he could show it to his family by phone and pose for photos. Even as he patiently waited for each picture to be taken he kept his phone — with his family still on the line — in his hand.

Vegas will represent Venezuela at the upcoming Rio Olympics. THE CANADIAN PRESS

CFL

Nichols coming in to fire up Bombers

Matt Nichols is ready to take a turn at trying to ignite the Blue Bombers' stagnant offence.

Nichols will replace starter Drew Willy when Winnipeg (1-4) visits the Edmonton Eskimos (2-2) on Thursday — the team that traded the quarterback last year.

"I'm excited for the opportunity," Nichols said after Sunday's practice. "Obviously, it's never an easy thing, but Drew's had a great attitude about it. We're still having our conversations and he's going to do everything he can to help me play well, and ultimately help this team win."

Head coach Mike O'Shea explained the change as an attempt to fire up the offence.

"Change it up a little bit and try and score a few more points," he said.

Nichols replaced Willy midway through the fourth quarter of last week's 33-18 home loss to Calgary, after Willy forced a throw that Joe Burnett intercepted and took 34 yards for a touchdown.

O'Shea admitted it was a tough decision to give Nichols the reins this week against the defending Grey Cup-champion Eskimos, but said Willy "wasn't playing his best football."

"It's a good opportunity for Matt and we'll see where it takes us," said O'Shea.

THE CANADIAN PRESS

IN BRIEF

Froome toasts Tour glory

Sharing champagne with teammates, Chris Froome celebrated his third Tour de France title in four years on Sunday. The Kenyan-born British rider finished safely at the back of the main pack in the final stage, a ceremonial leg ending on the Champs-Elysees. "Thanks for your kindness in these difficult times. You have the most beautiful race in the world. Vive le Tour, Vive la France," Froome said.

THE ASSOCIATED PRESS

Bouchard commits to Rio

Eugenie Bouchard has confirmed that she will represent Canada at the Rio Olympics, putting to rest any doubts about the participation of the country's top-ranked women's tennis player.

The Montreal native announced her decision in advance of the Rogers Cup. Bouchard was named to the team by Tennis Canada, but said she would wait until "the last minute" to decide.

THE ASSOCIATED PRESS

RECIPE Sweet Corn Tostada with Black Bean Spread

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Summer's sweet corn has the starring role in this easy, meatless Monday dish.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients
For the black bean spread:
- 1 can (14 oz) no salt added organic black beans, rinsed
- 1/4 cup extra virgin olive oil plus more for brushing
- 1/4 cup cilantro
- 1 clove garlic, sliced chopped cilantro plus 1/8 cup for garnish
- juice of one lime
- 1/4 tsp salt

For the tostadas:
- 8 corn tortillas
- 1 ear of corn of fresh corn or 1 cup frozen
- 2 cups shredded iceberg lettuce
- 3/4 cup grated Monterey jack cheese
- 1/4 cup sour cream

Directions

1. Preheat the oven to 425. Blend beans, oil, cilantro, garlic, lime juice and salt in a food processor, place. Place in a small bowl and set aside.

2. Boil corn until cooked. Remove from water and allow to cool before cutting kernals from ear. Place in a bowl and put aside. Place shredded lettuce, shaved cheese, chopped cilantro and sour cream in various small bowls.

3. Lightly brush each tortilla with olive oil and bake in the oven on a cookie sheet for about 7 minutes. Remove and serve immediately with the rest of the fixings.

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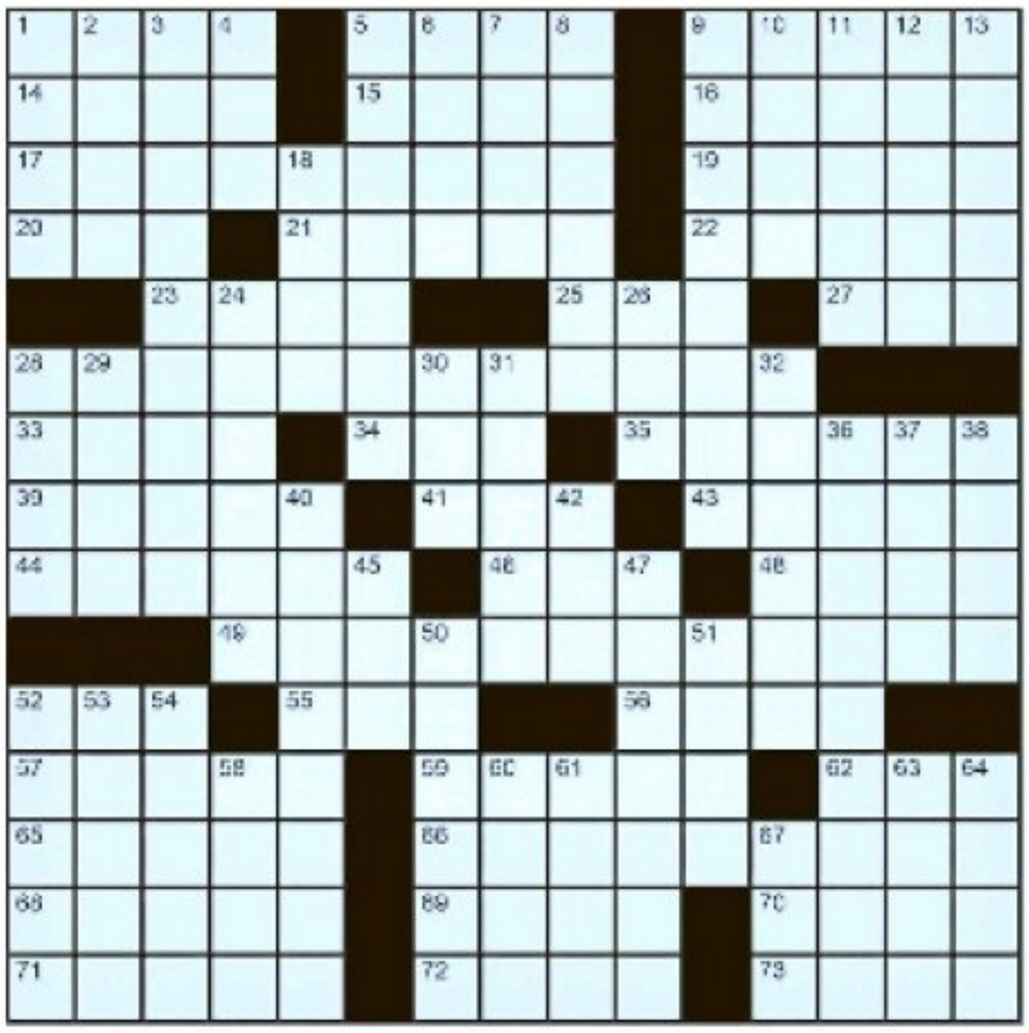
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ Breton Island
5. Golf _
9. New Mexico's state flower
14. Particle
15. Man's title in Germany
16. Acrylic fabric
17. Augmented reality game app that's the Summer of 2016 craze: 2 wds.
19. Applying/employing
20. _ Cool (Green Day drummer)
21. William Shakespeare's mother Mary
22. Mountain chain
23. Viking operation
25. '_' _ for Calgary
27. 4 qts
28. Old Montreal street coverings
33. Baseball's Mr. Hershiser
34. Agnus _ (Mass prayer)
35. Warns to be watchful
39. _ _ dinner plates
41. Tunnel-blasting need
43. Plant life
44. Day-after-working-out complaint: 2 wds.
46. Muck
48. Pre-wedding party
49. Titanic embarked on its fateful one on April 10th, 1912: 2 wds.
52. Cul-de-_
55. Five Guys Named _ (Stage musical)
56. Family member
57. Like lips after collagen injections
59. Hair salon touchup sites
62. _ of the Covenant
65. Restrict
66. Prairie province person, perhaps
68. Dispatch boat
69. Sgt. Snorkel's comical dog
70. "One more thing..."
71. Carpentry joint part
72. Tuna: French
73. Didn't donate

DOWN
1. James T. Kirk's li'l title
2. 'Decor' suffix
3. Casino players feed the kitty with them: 2 wds.
4. Scot's uncle
5. Like the music for stringed instruments often
6. Loan
7. Advocate
8. Denver football player
9. Particular pronoun
10. _ Major
11. Stick, like dryer clothes
12. Miami Sound Machine tune
13. One of Charlie's '70s show trio
18. Put in the postal box
24. Flowering
26. _ _ pinch
28. Mozart opera, _ Fan Tutte
29. City near Provo, Utah
30. Adjust
31. Hint of hue
32. Generator system
36. Like wheels
37. Like some ancient Greek plays, briefly
38. _ advice
40. Quebec municipality that British rocker Peter just 'Comes Alive!' when thinking about it
42. Unit of weight [var. sp.]
45. ...vowel sequence...
47. Standing honour in the theatre
50. Mr. Mulroney of "The Wedding Date"
51. Banish
52. Impact sound in comics
53. Hit for Canadian singer Edwin
54. Curry powder ingredient
58. Fermented soybean paste
60. Pledge
61. Aware of the plot: 2 wds.
63. Carpentry tool
64. String snag
67. Hardwood flooring selection

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your moods will change suddenly, making you feel impulsive. You have a strong freedom-seeking urge. Yowsers!

Taurus April 21 - May 21
This is a restless day for you. Perhaps you are planning a surprise for a family member or a special event for your home. Enjoy entertaining at home.

Gemini May 22 - June 21
This is a great day to schmooze with others; however, a friend or a casual acquaintance will surprise you in some way. A spontaneous get-together will be fun.

Cancer June 22 - July 23
Stay light on your toes today, because relations with bosses, parents and VIPs are unpredictable. Fortunately, something unexpected probably will please you.

Leo July 24 - Aug. 23
Unexpected opportunities to travel might fall into your lap today. Similarly, chances to get further training or to learn something new might miraculously appear.

Virgo Aug. 24 - Sept. 23
Keep your pockets open, because gifts, goodies and favors from others will come your way today. Someone might do a favor for you (not too shabby).

Libra Sept. 24 - Oct. 23
You might feel some emotional tension with a partner or close friend today, perhaps because someone wants more space or more freedom. A lot of people feel this way right now.

Scorpio Oct. 24 - Nov. 22
Your work routine will be different today. A co-worker might surprise you, or staff shortages and technological problems might occur. Keep a positive attitude.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Know where they are at all times. Be careful about hazards. Meanwhile, an unexpected invitation will please you.

Capricorn Dec. 22 - Jan. 20
Real-estate negotiations plus family matters will please and surprise you today. Something favorable could occur, but it will be unexpected. To be safe, stock the fridge.

Aquarius Jan. 21 - Feb. 19
Today your mind will think outside of the box, which is why you are full of innovative, original ideas. Expect to meet new people and see new places.

Pisces
Feb. 20 - March 20
Trust your moneymaking ideas, because you're very clever today. However, impulse spending is likely. Forewarned is forearmed. Keep your receipts (and the box) just in case.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1	2				9			
3		8		2				
	6		4			3		
		4		9				5
	9		2	5	3		7	
6				7		9		
		3			5		9	
				8		4		3
			6				1	7

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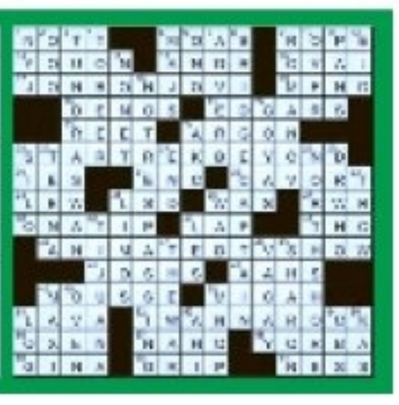
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	7	6	9	2	1	3	5	8
9	2	5	7	3	8	4	1	6
3	8	1	4	6	5	9	7	2
8	6	7	1	9	3	5	2	4
1	9	4	5	7	2	8	6	3
2	5	3	6	8	4	1	9	7
6	3	2	8	5	9	7	4	1
5	1	8	2	4	7	6	3	9
7	4	9	3	1	6	2	8	5



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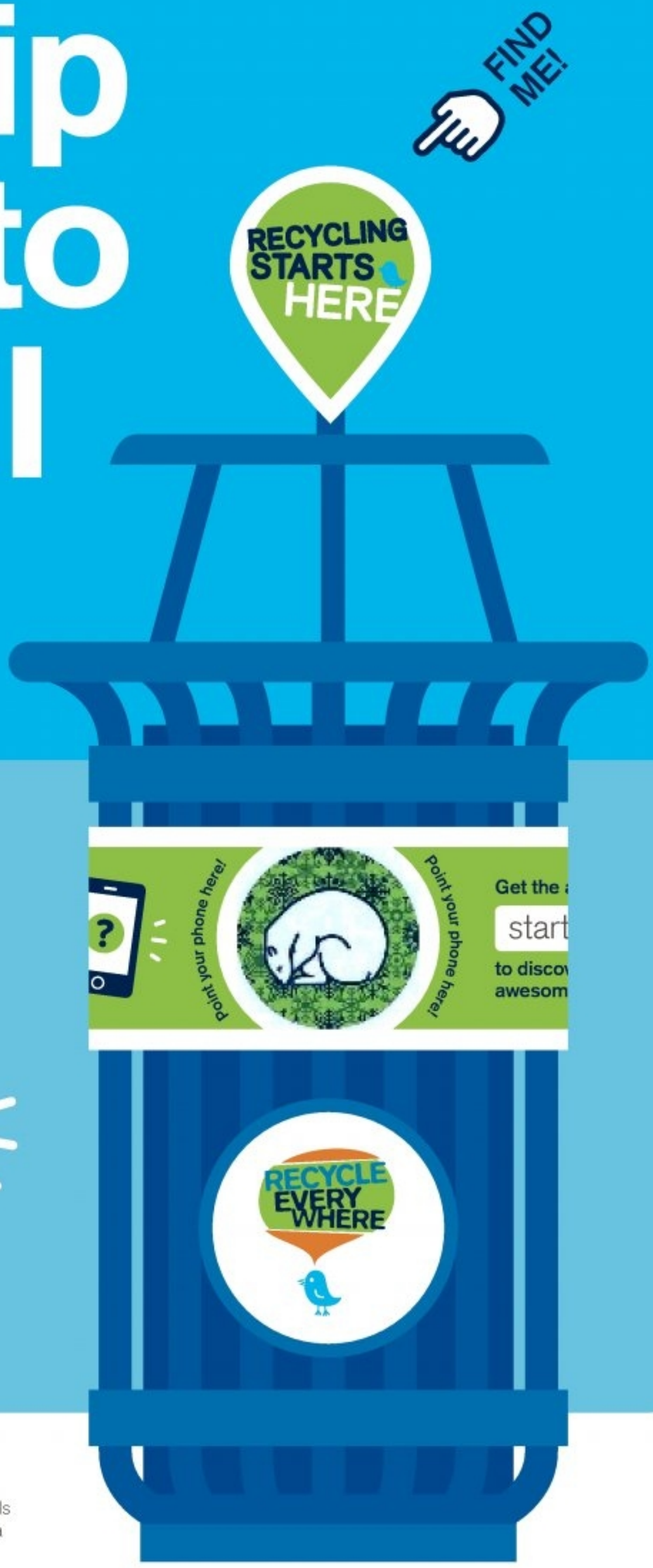

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